The Active Ageing Hub Initiative and the Center for Multidisciplinary Research in Aging at the Faculty of Health Sciences, Ben-Gurion University of the Negev, and ILC - Israel

Invite you to participate in

The Second International Active Aging School*
"Steps towards active aging"

http://in.bgu.ac.il/en/fohs/Pages/Active-Aging.aspx

**When?** Wed., 22 – Thurs. 23, February 2023

**Where?** Goldman auditorium (M5), Faculty of Health Sciences, Ben-Gurion University of the Negev, Beer-Sheva, Israel

**What?** Listen to leading experts in the fields of Aging, Neurorehabilitation and Dementia and discuss new approaches and challenges to Active Ageing, from basic to clinical science.

**Registration:** 2nd International School of Active Ageing
https://shop.bgu.ac.il/category/%D7%9B%D7%A0%D7%A1%D7%99%D7%9D

* sponsored by the HUB initiative at the Faculty of Health Sciences, the Center for Multidisciplinary Research in Aging and ILC-Israel
The Second International Active Aging School

"Steps towards active aging"

First Day: Wed., 22/2/2023

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<tr>
<th>Time</th>
<th>Topic</th>
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<tr>
<td>8:30</td>
<td>Gathering and registration</td>
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<tr>
<td>9:15-9:30</td>
<td>Opening remarks</td>
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| 9:30-10:30 | **Keynote:** "Implementing reactive balance training in rehabilitation practice: Why and how?"
               Avril Mansfield, R. Kin, PhD, Toronto Rehabilitation Institute – University Health Network, Associate Professor (status only) in the Department of Physical Therapy, University of Toronto, and an Affiliate Scientist at Sunnybrook Research Institute. |
| 10:30-11:00| "Ongoing Research on Perturbation; From basic research to clinical practice"
               Itshak Melzer PhD, PT, Physical Therapy department & Director of Schwartz Movement Analysis & Rehabilitation Laboratory. Faculty of Health Sciences at Ben-Gurion University of the Negev |
| 11:00-11:30| Nutrition break                                                       |
| 11:30-12:30| **Keynote:** "Implementation of evidence-based mobility programs in older adults with stroke: Real-world success with complex protocols"
               Janice Eng, PhD, Canada Research Chair in the UBC Department of Physical Therapy at the University of British Columbia |
| 12:30-13:00| "Ongoing research on improving gait and balance function in stroke rehabilitation"
               Shirley Handelzalts, PhD, PT Physical Therapy department, Faculty of Health Sciences at Ben-Gurion University of the Negev |
| 13:00-13:45| Lunch break                                                           |
| 13:45-14:30| **Keynote:** Real world mobility assessments and interventions in at-risk older adults using telehealth and wearable sensors
               Neil Alexander, MD
               Ivan Duff Collegiate Professor, Division of Geriatric and Palliative Medicine, Department of Internal Medicine, University of Michigan
               Director, VA Ann Arbor Health Care System Geriatric Research Education Clinical Center |
| 14:30-15:15| "Kinematic coordination in aging and its relationship to falls and mobility in older adults"
               Noah Rosenblatt, PhD the Center for Lower Extremity Ambulatory Research (CLEAR) and the Interim Director of CLEAR, USA |
| 15:15-16:00| "Task-specific assessment and intervention of fall risk in older adults"
               Chris McCrum, PhD the Department of Nutrition and Movement Sciences at Maastricht University, Netherlands. |
| 16:00-17:00| BGU Lab Visit                                                        |
The Second International Active Aging School

"Steps towards active aging"

Second Day: Thurs., 23/2/2023

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<td>9:15-10:15</td>
<td>&quot;National Dementia Plans: The Challenges of Implementation: Experience from Quebec and Canada&quot; Howard Bergman, MD, FCFP, FRCP, FCAHS, Assistant Dean, International Affairs, Faculty of Medicine and Health Sciences, McGill University, Professor of Family Medicine, Medicine (Geriatrics) and Oncology and in the School of Population and Global Health.</td>
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<td>10:15-10:45</td>
<td>&quot;National Dementia Plans: The Challenges of Implementation in Israel&quot; Irit Laxer, MD, Director, Division of Geriatrics, Ministry of Health, Jerusalem</td>
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<td>10:45-11:00</td>
<td>Panel and Open discussion</td>
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<td>Chair: A. Mark Clarfield MD FRCPC</td>
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<td>11:00-11:30</td>
<td>Nutrition break</td>
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<tr>
<td>11:30-12:45</td>
<td>Publishing in Geriatrics and Gerontological and peer-review publications Neil Alexander, MD, A. Mark Clarfield, MD, Esther-Lee Marcus, MD</td>
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<td>Lunch break</td>
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GENERAL INFORMATION

OFFICIAL LANGUAGE

The Active Aging School will be conducted in English.

ARRIVAL INFORMATION

The best transportation from the airport near Tel-Aviv is via train. The closest train/railway station, is the University Station (Beer-Sheva north station), about 5 minutes' walk from the Faculty of Health Sciences (dotted circle), follow the black arrow.

CLIMATE AND CLOTHING

The weather around Israel in February is cool and possibly rainy and you will likely experience a temperature of up to 20-22° C, and lower at night (about 10-15°C). Clothing is informal for all occasions. We suggest bringing a light jacket / sweatshirt for the evenings.

Organizing committee

Hadas Nachmani; Shirley Handelzalts, A. Mark Clarfield; Itshak Melzer,

Conference secretary: Michelle Clark Levenson
Dr. Mansfield’s research to determine how aging and neurological injury or disease affect balance control and mobility, and to identify interventions that promote safe independent mobility for people with physical limitations. She develops, evaluates, and works toward implementing effective interventions to improve balance and mobility, prevent falls, and increase participation in planned exercise and physical activity. Much of her work has focused on developing, optimizing, and implementing reactive balance training for improving reactive balance control and preventing falls in daily life.

Avril Mansfield, R.Kin, PhD

Prof. Melzer is a physical Therapist (1985) completed his PhD in 2001, served as a post-doc in Neuromuscular Research Center at Boston University between 2001-2003. He is now a full Professor at the physical Therapy department and the director of the movement analysis and Rehabilitation Laboratory at the faculty of health sciences of Ben-Gurion University of the Negev. His research is focused on impaired physical function, gait and balance among older adults and other populations at risk.

Itshak Melzer PhD, PT

Dr. Janice Eng is a University Killam Professor and Canada Research Chair in the UBC Department of Physical Therapy at the University of British Columbia. She studied as an undergraduate at UBC in the combined Physical Therapy and Occupational Therapy (PT/OT) program. At the masters level, she studied at the University of Toronto, graduating with an MSc in Biomedical Engineering. Lastly, she completed her doctorate in Kinesiology at the University of Waterloo. Dr. Eng also completed her post-doctoral training in Neurophysiology at Simon Fraser University.

Currently, most of Dr. Eng’s time is spent doing research as she is a Canada Research Chair which protects her research time.

Janice Eng, PhD

Dr. Shirley Handelzalts is a physical therapist and a faculty member in the Physical Therapy Department at Ben Gurion University, Israel. Her research aims are to explore the mechanisms underlying balance and gait control in individuals with neurological disorders and older adults, to examine prognostic biomarkers of balance and gait recovery after stroke, to develop and evaluate new intervention methods as well as foster the translation of studies to clinical practice.

Shirley Handelzalts, PhD, PT

Dr. Alexander is Professor in the University of Michigan (UM) Department of Internal Medicine/Division of Geriatric and Palliative Medicine and Director of the VA Ann Arbor Health Care System (VAAAHS) Geriatric Research Education and Clinical Center (GRECC). He is Director of the University of Michigan (UM) Mobility Research Center which focuses on mobility in older adults, with a particular expanding expertise in the analytics of real world losses of balance using wearable sensors and use of telehealth for mobility and physical activity improvement, including VAAAHS leader for the national VA Gerofit exercise program. He is co-leader of the National Institute of Aging (NIA) UM Older Americans Independence Center Biomechanics Core and leader of the Research Education Component which are committed to supporting junior faculty. With a history of serving as PI of NIA and VA Merit Review awards, he is MPI on an NIA grant linking laboratory reactive balance and real world loss of balance assessments and a separate NIA grant for training to

Neil Alexander, MD
reduce fall-related impact in older adults. He was recently funded by the VA Office of Rural Health to develop VA Virtual Care (VVC) Integrated Tele-Occupational Therapy (“iTele-OT”) for post-hospital discharge older Veterans. He is a key member of both UM hospital and Ann Arbor VA hospital falls committees, and leads a weekly UM Mobility Assessment and Enhancement (falls) clinic. In addition to serving on NIA study sections and Data Safety Monitoring Boards, he also serves on the editorial board of the Journal of Gerontology Med Sci (as Associate Editor) and the Journal of the American Geriatrics Society.

Dr. Rosenblatt received his PhD in Biomedical Engineering from Boston University, completing his work in the Cellular and Tissue Mechanics Laboratory. During his postdoctoral training under Dr. Mark Grabiner in the Clinical Biomechanics and Rehabilitation Lab at the University of Illinois Chicago, he gained a passion for studying the effect of age on neuromechanics of reactive balance response, stemming from his efforts on a three-year prospective clinical trial aimed at preventing community-based falls by improving reactive stepping responses. He currently serves as an Associate Professor in the Department of Podiatric Medicine and Surgery within the Dr. William M. Scholl College of Podiatric Medicine, where his efforts primarily align with the Center for Lower Extremity Ambulatory Research (CLEAR). He served as the interim director of the center before assuming the role of Associated Dean of Research for the college. His research remains broadly focused on preventing falls and maintaining mobility and function in community dwelling older adults, considering the extent to which ageing affects locomotor stability and coordination and in the risk of balance-loss, as well as the affects of ageing on whole body reactive responses following balance-loss. Dr. Rosenblatt remains committed to applying his strong biomechanics background to address mobility and fall-related issues not only in community dwelling older adults, but other at-risk populations including users of lower limb prostheses, obese older adults and people with diabetes and is currently funded by the National Institutes of Health and the Department of Defense to address the problem of falls in these populations.

Dr. McCrum is currently an Assistant Professor in the Department of Nutrition and Movement Sciences at Maastricht University. His core research centres around the control and adaptation of gait stability in healthy and clinical populations, with a focus on falls risk and reduction among older people. Two specific subtopics within this work are vestibular function and muscle-tendon biomechanics and their relationship with gait stability. Chris is also interested in human locomotion more broadly, and has been involved in studies of human jumping and running.

Howard Bergman, Assistant Dean, International Affairs, Faculty of Medicine and Health Sciences, McGill University, is Professor of Family Medicine, Medicine (Geriatrics) and Oncology and in the School of Population and Global Health. Fellow of the Canadian Academy of Health Sciences, he is also Fellow of both the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada. The College of Family Physicians of Canada honoured Dr. Bergman with the W. Victor Johnston Award recognizing a renowned family medicine leader for contributions to family medicine in Canada and abroad. The Canadian Geriatrics Society honoured him with the Ronald Cape Distinguished Service Award. At McGill, he was Chair, Department of Family Medicine (2012-2019); inaugural Dr. Joseph Kaufmann Professor and Director of Geriatric Medicine (2001-2015); acting Physician-in-Chief and Chief of Medicine, Jewish General Hospital (2001-2002). Dr. Bergman is one of 24 members of the World Dementia Council. He is internationally recognized for his research and policy work on primary and integrated care, frailty, dementia, and chronic disease, with over 190 peer-reviewed publications as well as numerous reports and book chapters. Dr. Bergman, member of the Quebec government independent
healthcare commission, authored the recommendation creating the Family Medicine Groups (Medical Home) (2000-2001). He authored the Quebec Alzheimer Plan (2009) and works with the Ministry on its implementation. He co-leads the ROSA Research Group evaluating Alzheimer Plans. In 2018, at the request of the Public Health Agency of Canada, he chaired the Canadian Academy of Health Sciences Expert Panel for the development of the Canadian Dementia Strategy. He is an adjunct Professor, Faculty of Health Sciences, Ben Gurion University; member of the Advisory Boards of both the Center for Healthy Longevity and Aging Sciences, Yang Ming Chiao Tung University, Taiwan and the Johns Hopkins University Older Americans Independence Center.

Dr. Irit Laxer-Asael is a specialist doctor of internal medicine and geriatrics and graduated from the Technion School of Medicine. She has been clinically active for 13 years in the Meir Medical Center in Kfar Saba and in the Sheba Medical Center’s EMD, and she has clinical experience both in acute geriatrics and in the fields of rehabilitation and community.

Dr. Irit Laxer-Asael has been a part of the civil service in the Ministry of Health since 2001, and up to her current role she has been managing the division of standards and supervision department in the Geriatrics Division. As part of her role, she has been managing the multi-professional supervision team in geriatrics, coordinated issuing standardization and implementing of procedures with regard to the quality of care of the elderly in the general and geriatric hospitalization and in the community and was engaged in leading and applying models in the fields of supervision and quality of care. Dr. Laxer-Asael is running the national program for palliative care and end-of-life scenarios.

Esther-Lee Marcus, MD

Esther-Lee Marcus, MD, Board Certified in Internal Medicine and Geriatric Medicine; Senior Lecturer at the Hadassah-Hebrew University Faculty of Medicine. She is the head of the Chronic Ventilator-Dependent Division at Herzog Hospital, a university-affiliated long-term acute care hospital. She is active in teaching geriatric medicine to medical students, nursing students, and postgraduate studies for physicians and other healthcare care professionals, and in teaching medical humanities courses. Her research interests include, among others, infectious diseases in older adults, pulmonary function, prolonged mechanical ventilation advanced dementia, ethical issues related to end-of-life care, caregiver burden, and depiction of old age and dementia in art and movies. She served as a Chief Editor of the journal “Gerontology and Geriatrics Medicine (in Hebrew), the official journal of the Israel Society of Gerontology (2008-2018). Currently she is on the Editorial Board of several medical journals (The Annals of Pharmacotherapy, Frontiers in Medicine and Frontiers in Dementia).

Dr. Clarfield received his MD from the University of Toronto in 1975. He went on to specialize, first in Family Medicine, then Community Medicine and Public Health and finally in Geriatrics. Together with his wife, Dr. Ora Paltiel, also a physician, he moved to Montreal where he was with the Faculty of Medicine at McGill University from 1978-1992. During that period, Clarfield was Chief of Geriatrics at the Jewish General Hospital as well as head of the McGill University Division of Geriatric Medicine. He was also the Assistant Dean of Students at the Faculty of Medicine (1989-92) reaching the rank of Professor. He maintains an adjunct status at McGill University.

In 1992, he moved to Israel and from 1994-2001 was Head of the Division of Geriatrics at the Ministry of Health in Jerusalem, after which he was appointed Head of Geriatrics at the Soroka Hospital and the Sidonie Hecht Professor of Geriatrics at Ben-Gurion University in Beer-sheva where he now enjoys Emeritus status.

From 2009-18, he was the Director of the Medical School for International Health at the Ben-Gurion University and now head the Faculty's Centre for Global Health. He was recently asked to head the National Council for Geriatrics of Israel's Ministry of Health.